MRE-070

Ops and Tactics: Procedural Meal Construction

Meals and Random Edibles

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MRE

This book allows players and GMs to add some flavor to their MREs and Food Pods, detailing just what is in those unusual bags of food eaten by solders and civilians alike. The d% is used for a majority of the deciding rolls, which is a pair of d10s, one marked for the 1s column, and one marked for the 10s column.

Random MRE Creator

The first thing that is selected is what kind of MRE is created. Herbivore MREs have vegetable and meat-free options, while carnivore are primarly comprised of protien based options.

Herbivore MREs roll using the Vegetarian options only. Carnivore MREs use the Meat options only. Omnivore MREs can have either option, and most do have a mixture of both. Any options without indicators are used by all MREs.

All MREs come in a hefty plastic pouch, thick and large enough to hold 4 units (32 oz) of water. Each component is individual sealed against air and water.

Single Meal MREs receive 1 Entree, 1 Side Dish, 1 Bread Item, 1 Spread Packet, 1 Dessert, 1 Drink, and 1 Accessory packet.

Multi Meal MREs receive 2 Entrees, 1 to 3 Side Dishes, 1 to 2 Bread Items, 2 to 4 Spread Packets, 1 to 3 Dessert, 3 Drinks, and 3 Accessory packets.

Category	Roll
Herbivore Single Meal MRE	1-17
Herbivore Multi Meal MRE	18-34
Omnivore Single Meal MRE	35-51
Omnivore Multi Meal MRE	52-68
Carnivore Single Meal MRE	69-85
Carnivore Multi Meal MRE	86-100

Entree

Single Meal MREs have one entree. For Omnivore MREs, the owner can decide which type of entree they wish to roll for.

Multi Meal MREs have two entree. For Omnivore MREs, roll once from each entree chart.

Unless otherwise noted, each entree grants 4 NV.

Vegetarian Entree Selection

Vegetarian Entree	Roll
Vegetarian Taco Pasta	1-4
Two Servings of Lentil Stew (3 NV per Serving)	5-7
Two Servings of Barley Stew (3 NV per Serving)	8-10
Two Servings of Yellow Rice (3 NV per Serving)	11-13
Two Servings of Herb Rice (3 NV per Serving)	14-16
Two Servings of Red Beans & Rice (3 NV per Serving)	17-19
Two Servings of Red Beans & Rice with Tomato Sauce (3 NV per Serving)	20-22
Two Servings of Peas In Tomato Sauce (3 NV per Serving)	23-25
Two Servings of Beans with Potatoes (3 NV per Serving)	26-28
Ratatouille	29
Spicy Penne Pasta	30
Cheese Cannelloni	31-32
Curry with Carrots and Potatoes	33-34
Veggie Burger with BBQ Sauce	35-36
Cheese Tortellini	37
Pasta with Vegetables In Alfredo Sauce	38-39
Vegetable Lasagna	40
Elbow Macaroni in Tomato Sauce	41-43
Vegetable Crumbles with Pasta in Taco Sauce	44-45
Manicotti With Vegetables	46
Two Packs of Dried Noodles (Chicken Flavor, 2 NV per Pack)	47-49
Two Packs of Dried Noodles (Beef Flavor, 2 NV per Pack)	50-52
Two Packs of Dried Noodles (Pork Flavor, 2 NV per Pack)	53-55
Two Packs of Dried Noodles (Shrimp Flavor, 2 NV per Pack)	56-58
Two Packs of Dried Noodles (Chili Flavor, 2 NV per Pack)	59-61
Two Packs of Dried Noodles (Cheese Flavor, 2 NV per Pack)	62-64
Two Packs of Dried Noodles (Curry Flavor, 2 NV per Pack)	65-69
Two Packs of Dried Noodles (Lime Shrimp Flavor, 2 NV per Pack)	70-73
Two Packs of Dried Noodles (Creamy Chicken Flavor, 2 NV per Pack)	74-76
Two Packs of Dried Noodles (Lime Chili Flavor, 2 NV per Pack)	77-79
Two Packs of Dried Noodles (Mushroom Flavor, 2 NV per Pack)	80-82
Two Packs of Dried Noodles (Picante Beef Flavor, 2 NV per Pack)	83-85
Two Packs of Dried Noodles (Picante Chicken Flavor, 2 NV per Pack)	86-88
Two Packs of Dried Noodles (Roast Chicken Flavor, 2 NV per Pack)	89-91
Two Packs of Dried Noodles (Roast Beef Flavor, 2 NV per Pack)	92-94
Two Packs of Dried Noodles (Sriracha Chicken Flavor, 2 NV per Pack)	95-97
Two Packs of Dried Noodles (Chicken Tortilla Flavor, 2 NV per Pack)	98-99
Two Packs of Dried Vegetables (1 NV per Pack)	100

Meat Entree Selection

Meat Entree	Roll
Beef Taco Filling	1
Cajun Rice & Sausage	2
Beef Steak	3
Pork Patty	4
Grilled Chicken	5
Chicken With Curry Sauce	6
Pasta With Vegetables in Tomato Sauce	7
Chicken Á La King	8
Chicken With Salsa	9
Chicken With Noodles	10
Hash Brown Potatoes with Bacon, Peppers & Onions	11
Pork Sausage With Gravy	12
Grilled Jalapeno Pepper Jack Beef Patty	13
Pork & Greens	14
Beef Diced With Gravy	15
Meatballs Beef & Rice in Tomato Sauce	16
Corned Beef Hash	17
Salmon With Rice & Vegetables	18
Chicken Parmesan	19
Jalapeño Pepper Jack Beef Patty	20
Pork Salad	21
Vegetarian Taco Pasta	22
Escalloped Potatoes with Ham	23
Beef Slices in BBQ Sauce	24
Tuna Steak	25
Maple Sausage	26
Saute Of Rabbit	27
Pork Chow Mein	28
Beef & Black Beans	29
Jambalaya	30
Pork & Lentils	31
Beef Roast With Vegetables	32
Sausage & Lentils	33
Omelet With Ham	34
Ham & Chicken Loaf	35
Meatballs With Marinara Sauce	36
Island Chicken	37
Chicken Loaf	38
Beef Salad	39
Chicken, Egg Noodles, & Vegetables, in Sauce	40
Shepard's Pie	41
Sloppy Joe Filling	42
Stewed Beef & Carrots	43
Lemon Pepper Tuna	44
Buffalo Chicken	45
Meat Chili	46
Chicken Tetrazzini	47
Seafood Risotto	48
Jerk Pork Chop with Noodles	49
Spicy Chicken Stew	50

Meat Entree	Roll
Meat Loaf with Gravy	51
Escalloped Potatoes with Ham	52
Turkey Breast With Gravy & Potatoes	53
Chicken & Rice	54
Country Captain Chicken	55
Sausages With Beans	56
Beef Brisket	57
Pork Rib	58
Grilled Beefsteak	59
Mutton Stew Flageolets	60
Spaghetti With Meat Sauce	61
Pork With Rice in BBQ Sauce	62
Boneless Pork Chop	63
Pork Spare Ribs	64
Chicken With Cavatelli	65
Chili With Beans	66
Southwest Beef & Black Beans	67
Tuna With Noodles	68
Pepperoni Pizza	69
Beef Goulash	70
Turkey Diced With Gravy	71
Beef Teriyaki	72
Meatballs in BBQ sauce	73
Chili With Beans	74
Cheese & Vegetable Omelet	75
Boneless Pork Chop with Noodles	76
Smoky Sausages	77
Chicken Pesto Pasta	78
Tuna Salad	79
Beef Patty	80
Beef with Mushrooms	81
Ham Slices	82
Chicken Fajita	83
Chili Macaroni	84
Pasta with Alfredo Sauce	85
Beef Stew	86
Vegetable Manicotti	87
Bean & Rice Burrito	88
Sweet and Spicy Beef Strips	89
Stewed Lamb	90
Stewed Chicken	91
Stewed Beef	92
Beef Ground with Spiced Sauce	93
Chicken Stew	94
Beef Ravioli	95
Ginger Beef Strips	96
Chicken with Dumplings	97
Chicken Stewed in Red Wine	98
Chicken Chunks	99
Shredded BBQ Beef	100

Side Dish

The side dish are dishes made to supplement the entree.

Single Meal MREs have one side dish. For Omnivore MREs, the owner can decide which type of side dish they wish to roll for.

Multi Meal MREs have anywhere from 1 to 3 side dishes. For Omnivore MREs, the owner can decide which type of side dishes they wish to roll for.

Unless otherwise noted, each side dish grants 1 NV.

Multi Meal Side Dish Amount

Side Dish Amount	Roll
1 Side Dish	1-25
2 Side Dishes	26-90
3 Side Dishes	91-100

Meat Side Dish Selection

Meat Side Dish	Roll
Teriyaki Beef Sticks	1-2
Peppered Beef Sticks	3-4
Lemon Pepper Beef Sticks	5-6
Garlic Beef Sticks	7-8
Honey Beef Sticks	9-10
Spicy Beef Sticks	11-12
Hard Boiled Eggs	13-14
Tuna Packet	15-16
Smoked Turkey Nuggets	17-18
Teriyaki Turkey Jerky	19-20
Peppered Turkey Jerky	21-22
Honey Turkey Jerky	23-24
Spicy Turkey Jerky	25-26
Teriyaki Beef Jerky	27-28
Peppered Beef Jerky	29-30
Honey Beef Jerky	31-32
Spicy Beef Jerky	33-34
Teriyaki Elk Jerky	35-36
Peppered Elk Jerky	37-38
Honey Elk Jerky	39-40
Spicy Elk Jerky	41-42
Teriyaki Venison Jerky	43-44
Peppered Venison Jerky	45-46
Honey Venison Jerky	47-48
Spicy Venison Jerky	49-50
Pepperoni Sticks	51-52
Salami Sticks	53-54
Pickled Sausage	55-56
Pickled Herring in Mustard	57-61
Pickled Herring in Vegetable Oil	62-66
Anchovies in Mustard	67-71
Anchovies in Tomato Sauce	71-75
Anchovies in Vegetable Oil	76-80
Sardines in Mustard	81-85
Sardines in Tomato Sauce	86-90
Sardines in Vegetable Oil	91-94
Dried Sardines	95-98
Smoked Salmon	99
Poached Trout	100

Vegetarian Side Dish Selection

Vegetarian Side Dish	Roll
Nut Raisin Mix	1-2
Dried Cranberries	3-4
Dried Dates	5-6
Dried Figs	7-8
Dried Peaches	9-10
Dried Pears	11-12
Dried Raisins	13-14
Dried Currants	15-16
Dried Blueberries	17-18
Dried Meatapples	19-20
Dried Mangos	21-22
Dried Apples	23-24
Dried Pineapples	25-26
Dried Apricots	27-28
Mixed Dried Fruit	29-30
Trail Mix	31-32
Baked Beans	33-34
Applesauce	35-36
Meatapple sauce	37-38
Yellow Rice	39-40
White Rice	41-42
Mixed Rice	43-44
Spiced Rice and Beans	45-46
Risotto	47-48
Mashed Potatoes with Butter	49-50
Corn Kernels	51-52
Black Beans in Seasoned Sauce	53-54
Au Gratin Potatoes	55-56
Fruit Cocktail	57-58
Spiced Apples	59-60
Spiced Pears	61-62
Apple First Strike Bar	63-64
Chocolate First Strike Bar	65-66
Raspberry First Strike Bar	67-68
Cran-Raspberry First Strike Bar	69-70
Peanut Butter First Strike Bar	71-72
Mocha First Strike Bar	73-74
Fig Fruit Bars	75-76
Pickles	77-78
Cheese Filled Crackers	79-80
Peanut Butter Filled Crackers	81-82
Spicy Filled Crackers	83-84
Pizza Flavored Filled Crackers	85-86
Salt and Pepper Pretzel Nuggets	87-88
Honey Mustard Pretzel Nuggets	89-90
Cheese Flavored Pretzel Nuggets	91-92
Buffalo Wing Flavored Pretzel Nuggets	93-94
Jalapeno Flavored Pretzel Nuggets	95-96
Buttermilk Ranch Flavored Pretzel Nuggets	97-98
Honey BBQ Flavored Pretzel Nuggets	99-100

Bread Item

The Bread item is the primary carbohydrate item in the MRE. These are most often used with spreads, but they can be eaten by themselves.

Single Meal MREs have one bread item. For Omnivore MREs, the owner can decide which type of bread item they wish to roll for.

Multi Meal MREs have anywhere from 1 to 2 bread items. For Omnivore MREs, the owner can decide which type of bread item they wish to roll for.

Unless otherwise noted, each bread item grants 1 NV.

Multi Meal Bread Item Amount

Side Dish Amount	Roll
1 Bread Item	1-35
2 Bread Items	36-100

Vegetarian Bread Selection

Vegetarian Bread	Roll
Cornbread	1-4
Tortillas	5-8
Crackers	9-12
Vegetable Crackers	13-16
Multigrain Snack Bread	17-20
Baked Snack Crackers	21-24
Snack Bread	25-28
Filled Bakery Item, Cinnamon Bun	29-32
Filled Bakery Item, Yellow Snack Cake	33-36
Filled Bakery Item, Coconut Cake	37-40
Toaster Pastries	41-44
Chipotle Tortillas	45-48
Toasted Corn Kernels	49-52
D's Nut Bread	53-56
Italian Bread Sticks	57-60
Flat Bread	61-64
Bagel	65-68
Hamburger Bun	69-72
Maple Muffin Top	73-76
Chocolate Banana Nut Muffin Top	77-80
Blueberry Muffin Top	81-84
Chocolate Muffin Top	85-88
Raspberry Muffin Top	89-92
Strawberry Muffin Top	93-96
Cheesecake Muffin Top	97-100

Meat Bread Selection

Meat Bread	Roll
Kobold Kibble	1-7
Classic Spam	8-14
Hot & Spicy Spam	15-21
Jalapeno Spam	22-28
Black Pepper Spam	29-35
Lite Spam	36-42
Oven Roasted Turkey Spam	43-49
Hickory Smoked Spam	50-56
Bacon Spam	57-63
Cheese Spam	64-70
Garlic Spam	71-77
Teriyaki Spam	78-84
Chorizo Spam	85-91
Macadamia Nut Spam	92-98
Siracha Spam	99-100

Spread Item

The Spread item is the packet used to add more flavor and introduce more calories into the MRE. These are most often used with breads, but they can be eaten by themselves.

Single Meal MREs have one spread item. For Omnivore MREs, the owner can decide which type of spread item they wish to roll for.

Multi Meal MREs have anywhere from 2 to 4 bread items. For Omnivore MREs, the owner can decide which type of spread item they wish to roll for.

Unless otherwise noted, each spread item grants 1 NV.

Side Dish Amount	Roll
2 Spread Items	1-25
3 Spread Items	26-75
4 Spread Items	76-100

Vegetarian Spread Selection If Jam, Jelly, or Chutney is rolled, proceed to the Spread Flavor Chart to determine what kind of flavor the spread is.

Vegetarian Spread	Roll
Jelly	1-5
Jam	6-10
Chutney	11-15
Crunchy Peanut Butter	16-20
Creamy Peanut Butter	21-25
Mayonnaise	26-30
Bacon Flavored Cheese Spread	31-35
Cheddar Cheese Spread	36-40
Jalapeno Cheese Spread	41-45
Table Syrup	46-50
Maple Syrup	51-55
Mustard	56-60
Ketchup	61-65
BBQ Sauce	66-70
Ranch Dressing	71-75
Tartar Sauce	76-80
Teriyaki Sauce	81-85
Malt Vinegar	86-90
Apple Cider Vinegar	91-95
Fish Sauce	96-100

Spread Flavor	Roll
Apple	1-2
Grape	3-4
Apricot	5-6
Avocado	7-8
Banana	9-10
Huckleberry	11-12
Passionfruit	13-14
Papaya	15-16
Tangerine	17-18
Jackfruit	19-20
Persimmon	21-22
Blackberry	23-24
Blueberry	25-26
Juniper Berry	27-28
Kiwi	29-30
Pineapple	31-32
Pumpkin	33-34
Cantaloupe	35-36
Cucumber	37-38
Currant	39-40
Lime	41-42
Cherry	43-44
Cranberry	45-46
Mango	47-48
Orange	49-50
Fig	51-52
Honeydew	53-54
Dragonfruit	55-56
Gooseberry	57-58
Coconut	59-60
Tomato	61-62
Watermelon	63-64
Raspberry	65-66
Pomegranate	67-68
Plum	69-70
Peach	71-72
Bell Pepper	73-74
Lemon	75-76
Nectarine	77-78
Pear	79-80
Star Fruit	81-82
Strawberry	83-84
Celery	85-86
Peppermint	87-88
Kolanut	89-90
Almond	91-92
Coffee	93-94
Ginger	95-96
Lychee	97-98
Sassafrass	99-100

Meat Spread Selection

Meat Spread	Roll
Salmon Pate	1-10
Mackerel Pate	11-20
Canned Beef	21-30
Duck Pate	31-40
Liver Pate	41-50
Pork Pate	51-60
Pork Pate And Mushrooms	61-70
Pork Ham Pate	71-80
Tuna Fish Pate	81-90
Spreadable Spam	91-100

Dessert Item

The Dessert item is the sweet item in the MRE, for morale and for a diversity of flavor, as well as to cleanse the pallet.

Single Meal MREs have one dessert item. For Omnivore MREs, the owner can decide which type of dessert item they wish to roll for.

Multi Meal MREs have anywhere from 1 to 3 dessert items. For Omnivore MREs, the owner can decide which type of dessert item they wish to roll for.

Unless otherwise noted, each dessert item grants 1 NV.

Dessert Amount	Roll
1 Dessert Items	1-25
2 Dessert Items	26-75
3 Dessert Items	76-100

Meat Dessert Selection

Meat Dessert	Roll
Multivitamins	1-10
Bubble Gum	11-20
Sugar Free Gum	21-30
Electrolyte Gum	31-40
Caviar	41-50
Black Pudding	51-60
Blood Pudding	61-70
Pork Pie	71-80
Pot Pie	81-90
Chicken And Mushroom Pie	91-99
Meat Pie	100

Vegetarian Dessert Selection If Lollypop, Jellybeans, Hard Candy, or Sour Candy is rolled, proceed to the Dessert Flavor Chart to determine what kind of flavor the candy is.

Vegetarian Dessert	Roll
Some Multivitamins	1-2
Bubble Gum	3-4
Sugar Free Gum	5-6
Electrolyte Gum	7-8
Chocolate Bar	9-10
Hard Candy	11-12
Caramel	13-14
Malt Balls	15-16
Gum Drops	17-18
Charms	19-20
Lollypop	21-22
Jellybeans	23-24
Jaw Breakers	25-26
Sour Candy	27-28
Boiled Potato	29-30
Ice Cream	31-32
A Pouch Of Astronaut Ice Cream	33-34
Apple Pie	35-36
Cherry Pie	37-38
Bananna Cream Pie	39-40
Bean Pie	41-42
Blackberry Pie	43-44
Blueberry Pie	45-46
Boysenberry Pie	47-48
Cheese Pie	49-50
Coconut Cream Pie	51-52
Key Lime Pie	53-54
Lemon Meringue Pie	55-56
Peach Pie	57-58
Pecan Pie	59-60
Pumpkin Pie	61-62
Raisin Pie	63-64
Raspberry Pie	65-66
Rhubarb Pie	67-68
Chocolate Pudding	69-70
Rice Pudding	71-72
Vanilla Pudding	73-74
Butterscotch Pudding	75-76
Coconut Pudding	77-78
Figgy Pudding	79-80
Pistachio Pudding	81-82
Tapioca Pudding	83-84
Butter Pecan Cookies	85-86
Pecan Sandy Cookies	87-88
Chocolate Chip Cookies	89-90
Chocolate Sandwich Cookies	91-92
Fortune Cookies	93-94
Peanut Butter Cookies	95-96
Snickerdoodle Cookies	97-98
Sugar Cookies	99-100

Dessert Flavor	Roll
Apple	1-2
Grape	3-4
Apricot	5-6
Avocado	7-8
Banana	9-10
Huckleberry	11-12
Passionfruit	13-14
Papaya	15-16
Tangerine	17-18
Jackfruit	19-20
Persimmon	21-22
Blackberry	23-24
Blueberry	25-26
Juniper Berry	27-28
Kiwi	29-30
Pineapple	31-32
Pumpkin	33-34
Cantaloupe	35-36
Cucumber	37-38
Currant	39-40
Lime	41-42
Cherry	43-44
Cranberry	45-46
Mango	47-48
Orange	49-50
Fig	51-52
Honeydew	53-54
Dragonfruit	55-56
Gooseberry	57-58
Coconut	59-60
Tomato	61-62
Watermelon	63-64
Raspberry	65-66
Pomegranate	67-68
Plum	69-70
Peach	71-72
Bell Pepper	73-74
Lemon	75-76
Nectarine	77-78
Pear	79-80
Star Fruit	81-82
Strawberry	83-84
Celery	85-86
Peppermint	87-88
Kolanut	89-90
Almond	91-92
Coffee	93-94
Ginger	95-96
Lychee	97-98
Sassafrass	99-100

Drink Item

The Drink item is the liquid that is consumed with the meal, to aid in restoring hydration.

Single Meal MREs have 1 drink item.

Multi Meal MREs have 3 drink items. Roll from the drink tables 3 times.

All MREs roll from the same table for drinks.

Drink Composition	Roll
Powdered	1-20
Canned	21-40
Bottled, Plastic	41-60
Bottled, Glass	61-80
Bagged	81-100

Drink Selection If Juice, Energy Drink, Electrolyte Drink, or Soda is rolled, proceed to the Drink Flavor Chart to determine what kind of flavor the drink is.

Drinks	Roll
Juice	1-4
Water	5-8
Energy Drink	9-12
Electrolyte Drink	13-16
Green Tea	17-20
Black Tea	21-24
Herbal Tea	25-28
Lemon Tea	29-32
Peppermint Tea	33-36
Vodka	37-40
Tequila	41-44
Gin	45-48
Brandy	49-52
Wine	53-56
Beer	57-60
Bourbon	61-64
Rum	65-68
Moonshine	69-72
Liqueur	73-76
Grain Alcohol	77-80
Lemonade	81-84
Soda	85-88
Standard Milk	89-92
Almond Milk	93-96
Soy Milk	97-100

Drink Flavor	Roll
Apple	1-2
Grape	3-4
Apricot	5-6
Avocado	7-8
Banana	9-10
Huckleberry	11-12
Passionfruit	13-14
Papaya	15-16
Tangerine	17-18
Jackfruit	19-20
Persimmon	21-22
Blackberry	23-24
Blueberry	25-26
Juniper Berry	27-28
Kiwi	29-30
Pineapple	31-32
Pumpkin	33-34
Cantaloupe	35-36
Cucumber	37-38
Currant	39-40
Lime	41-42
Cherry	43-44
Cranberry	45-46
Mango	47-48
Orange	49-50
Fig	51-52
Honeydew	53-54
Dragonfruit	55-56
Gooseberry	57-58
Coconut	59-60
Tomato	61-62
Watermelon	63-64
Raspberry	65-66
Pomegranate	67-68
Plum	69-70
Peach	71-72
Bell Pepper	73-74
Lemon	75-76
Nectarine	77-78
Pear	79-80
Star Fruit	81-82
Strawberry	83-84
Celery	85-86
Peppermint	87-88
Kolanut	89-90
Almond	91-92
Coffee	93-94
Ginger	95-96
Lychee	97-98
Sassafrass	99-100

Accessory Packet Item

The accessory packet item is the packet that contains accessories useful for consuming the MRE.

Single Meal MREs has 1 accessory packet.

Multi Meal MREs have 3 accessory packets.

Accessory packets contain salt, pepper, hot sauce, toilet paper, freeze dried coffee, powdered creamer, sugar, hand cleaner, a flameless radiation heater, and a sturdy MRE spoon.

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